

A 13 WEEK "WOGGING" PROGRAM

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
1 JOG	10x1 min. Jog w/2min. Walk between each	10x1 min. Jog w/ 2min. Walk between each	6x1 min. Jog w/2min. W + 2 x 2 J w/4W	6x1 min. Jog w/2min. W + 2 x 2 J w/4W	4x1 min. Jog w/2min. 2W + 3x2 J w/4W
2 JOG	5x3 J w/3W	5x3 J w/3W	3 x 3 J w/3W + 3 x 2 J w/2W	3 x 3 J w/3W + 3 x 2 J w/2W	4 x 3 J w/3W + 1 x 4 J w/4W
3 MOD	3 x 5 J w/7W	3 x 5 J w/7W	3 x 4 min mod w/5W + 1 x 3 mod w/5W	3 x 4 min mod w/5W + 1 x 3 mod w/5W	3 x 3 M w/5W + 1 x 6 J w/5W
4 MOD	5 x 4M w/3W	5 x 4M w/3W	2 x 3M w/5W + 1 x 8J w/5W	2 x 6J w/5W + 1 x FJ w/5W	4 x 5M w/4W
5 MOD	4 x 5M w/5W	10 x 2M w/2W	5 x 4M w/4W	4 x 5M w/ 5W	10 x 2M w/2W
6 STRIDE	12J 8 Recovery + 8J + 5Rec 5J w/2W	13 X 1 Strides w/2W	5 X 5 Strides w/3W	6J + 5W + 7M + 12J + 5W	10J + 6W 20 x 1/2 ST w/1W
7 STRIDE	14J + 10W + 11J + 10W	15 x 1ST w/2W	22 x 1M w/1W	5J + 5W + 6M + 7W + 14J + 8W	10J + 5W + 20 x 1/2ST w/1W
8 STRIDE	16J + 10 REC + 14J + 5W	15 x 1ST w/2W	15 x 2M w/1W	7J + 5W + 7M + 5W + 14J + 5W	10J + 5W + 7 x 1ST w/3W
9 FAST	18 + 10W + 12 + 10W	5J + 5W + 10 x 1ST w/3W	25 x 1M w/1W	6J + 6W + 6M + 8W + 18J + 6W	10J + 5W + 6 x 20 sec SP w/REC 2 min
10 FAST	20J + 10 REC + 15J + 5W	5J + 5W + 10 x 1ST w/3W	30 x 1M w/2W	7J + 5W + 8M + 5W + 20J + 5W	10J + 5W + 4 x 200 meters FAST w/REC between each
11 HARD	22J + 10W + 13J + 10W	5J + 5W + 12 x 1ST w/3W	35 X 1M w/1/2W	6J + 5W + 7M + 10 W + 22J + 5W	10J + 5W + 8 x 100 meter SP FAST w/8 min REC
12 HARD	24J + 10REC + 16J + 5W	5J + 20 x 1ST w/11W	18 x 2M 2/1W	10J + 5W + 6M + 5W + 24J + 5W	10J + 5W + 6 x 200 meters FAST w/8min REC
13 HARD	26J + 10W + 14J + 10W	20 x 2M w/1W	20 x 2M w/1W	7J + 5W + 7M + 10W + 26J + 5W	10J + 5W + 3x300 meters FAST w/REC

LEGEND 2 = 2 minutes 5x = 5 times repeated J = jog w/ = with W = walk M = moderate REC = recovery ST = stride
 SP = sprint **EXAMPLE** 10REC = ten minute recovery 6J = six minutes of steady jogging